

Flour Bluff ISD

Dec 7, 2020 thru Dec 11, 2020

Base Menu Spreadsheet

Primary/Elementary Lunch

Portion Values - Detailed

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Generated on: 11/30/2020 1:10:35 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 12/07/2020 | | | | | | | | | | | | | | | | |
| Primary/Elementary Lunch | Total | 551 | | | | | | | | | | | | | | |
| CHICKEN FILET ON BUN | 1 PIECE | 250 | 404 | 53 | 808 | 5.12 | 3.92 | 113.9 | *10 | *0.0 | 3 | 28.2 | 40.84 | 14.13 | 2.61 | *0.00 |
| PIZZA BAGEL BITES | 4 EACH | 250 | 239 | 20 | 758 | 4.99 | 2.69 | 199.5 | 748 | 5.98 | 5 | 18.95 | 24.94 | 8.98 | 3.99 | *N/A* |
| SANDWICH ITALIAN SUB | SUB | 50 | 273 | *55 | 798 | *3.00 | 2.07 | *188.0 | *134 | *1.2 | *3 | 17.84 | *27.15 | 9.07 | *4.01 | *0.00 |
| SANDWICH,COURTESY MEAL (K-8) | SANDWIC | 1 | 220 | 25 | 720 | *4.00 | *1.44 | 270.0 | 300 | *0.0 | 1 | 13.0 | 25.0 | 12.0 | 5.00 | 0.90 |
| POTATO, FF, STRAIGHT CUT | 1/2 CUP | 300 | 142 | *N/A* | 385 | 1012.4 | 0.71 | 0.0 | *N/A* | 1.85 | *N/A* | 2.03 | 21.26 | 5.06 | 1.01 | *N/A* |
| TOMATOES GRAPE | 1/2 cup | 150 | 40 | 0 | 0 | 1.35 | 10.93 | 0.0 | 1012 | 36.45 | 5 | 1.35 | 8.1 | 0.0 | 0.00 | 0.00 |
| APPLESAUCE FLAVORED | 1/2 CUP | 350 | 61 | 0 | 36 | 2.18 | *0.00 | *0.0 | 67 | *0.0 | *13 | 11.05 | 14.19 | 0.0 | 0.00 | 0.00 |
| FRUIT FRESH ASSORTED | 1 EACH | 200 | 85 | 0 | 1 | 3.69 | *0.22 | *6.2 | 88 | *6.46 | 17 | 0.46 | 22.31 | 0.0 | 0.00 | *0.00 |
| MILK SKIM UNFLAVORED | 8 OZ | 10 | 80 | 5 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | 8 OZ | 200 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| MILK FAT FREE, CHOCOLATE | 8 OZ | 300 | 110 | 5 | 100 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 18 | 8.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| MILK, STRAWBERRY FF | 8 OZ | 50 | 110 | 5 | 100 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 18 | 8.0 | 18.0 | 0.0 | 0.00 | *N/A* |
| MUSTARD PKG | 2 EACH | 25 | 11 | 0 | 180 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| MAYONNAISE RC PKG | 2 EACH | 25 | 57 | 0 | 238 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 4.54 | 5.67 | 0.00 | 0.00 |
| KETCHUP PKG 9 GM | 4 EACH | 200 | 40 | 0 | 400 | 0.00 | 0.00 | 0.0 | 400 | 0.0 | 8 | 0.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| DRESSING RANCH PKG | 2 EACH | 200 | 103 | 9 | 214 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 1.71 | 10.29 | 1.29 | 0.00 |
| SAUCE, MARINARA CUP | 1 EACH | 50 | 15 | 0 | 121 | 1.01 | 0.36 | 0.0 | 101 | 0.0 | 2 | 1.01 | 3.04 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 639 | *48 | 1381 | *559.31 | *6.67 | *466.9 | *1369 | *18.54 | *40 | 39.92 | *85.25 | 18.98 | *4.93 | *0.00 |
| % of Calories | | | | | | | | | | | *24.8% | 25.0% | *53.4% | 26.8% | *7.0% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Dec 7, 2020 thru Dec 11, 2020

Base Menu Spreadsheet

Primary/Elementary Lunch

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 12/08/2020 | | | | | | | | | | | | | | | | |
| Primary/Elementary Lunch | Total | 551 | | | | | | | | | | | | | | |
| PIZZA SLICES | SERVING | 250 | 360 | 40 | 530 | 3.50 | 1.80 | 325.1 | 500 | *0.0 | 8 | 19.51 | 34.51 | 16.5 | 7.50 | *N/A* |
| PASTA, CHEESE RAVIOLI | 3PIECES | 250 | 265 | 25 | 780 | 4.16 | 2.24 | 221.8 | *200 | *6.01 | 10 | 17.17 | 34.8 | 6.12 | *2.50 | *N/A* |
| SANDWICH, TURKEY/CH CRO | 1 SAND | 50 | 333 | *58 | 777 | *2.00 | 1.45 | *219.0 | *134 | *0.0 | *4 | 24.8 | *28.65 | 13.8 | 6.00 | *0.00 |
| SSIAANT | WICH | | | | | | | | | | | | | | | |
| SANDWICH,COURTESY MEAL (K-8) | SANDWIC | 1 | 220 | 25 | 720 | *4.00 | *1.44 | 270.0 | 300 | *0.0 | 1 | 13.0 | 25.0 | 12.0 | 5.00 | 0.90 |
| BREADSTICK, 5" GARLIC | 1 EACH | 200 | 99 | 0 | 94 | 0.99 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | 0.99 | 14.88 | 3.47 | 0.50 | 0.00 |
| CORN, CANNED | 1/2 CUP | 150 | 103 | 0 | 207 | *2.44 | *0.00 | *0.0 | *24 | *4.4 | *5 | 2.44 | 21.74 | 1.22 | 0.00 | 0.00 |
| CARROTS PETITE SLIM 4/5LB | 1/2 CUP | 150 | 39 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | 6 | 1.11 | 8.89 | *N/A* | *N/A* | *N/A* |
| PEARS DICED, CANNED | 1/2 CUP | 350 | 80 | 0 | 15 | 1.00 | 0.00 | 0.0 | 75 | 0.0 | 15 | 0.0 | 19.1 | 0.0 | 0.00 | 0.00 |
| FRUIT FRESH ASSORTED | 1 EACH | 200 | 85 | 0 | 1 | 3.69 | *0.22 | *6.2 | 88 | *6.46 | 17 | 0.46 | 22.31 | 0.0 | 0.00 | *0.00 |
| MILK SKIM UNFLAVORED | 8 OZ | 10 | 80 | 5 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | 8 OZ | 200 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| MILK FAT FREE, CHOCOLATE | 8 OZ | 300 | 110 | 5 | 100 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 18 | 8.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| MILK, STRAWBERRY FF | 8 OZ | 10 | 110 | 5 | 100 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 18 | 8.0 | 18.0 | 0.0 | 0.00 | *N/A* |
| MUSTARD PKG | 1 EACH | 10 | 5 | 0 | 90 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| MAYONNAISE RC PKG | 1 EACH | 10 | 28 | 0 | 119 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2.27 | 2.83 | 0.00 | 0.00 |
| DRESSING RANCH PKG | 2 EACH | 200 | 103 | 9 | 214 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 1.71 | 10.29 | 1.29 | 0.00 |
| CHEESE, PARMESAN, BULK | 1 PACKAG | 200 | 15 | 5 | 65 | *N/A* | *N/A* | 40.0 | *N/A* | *N/A* | *N/A* | 1.0 | *N/A* | 1.0 | 0.50 | *N/A* |
| Weighted Daily Average | | | 614 | *46 | *976 | *6.67 | *2.05 | *568.4 | *889 | *8.53 | *42 | 28.32 | *83.97 | *18.19 | *6.47 | *0.00 |
| % of Calories | | | | | | | | | | | *27.3% | 18.5% | *54.7% | *26.7% | *9.5% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | <10.00 | | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Dec 7, 2020 thru Dec 11, 2020

Base Menu Spreadsheet

Primary/Elementary Lunch

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 12/09/2020 | | | | | | | | | | | | | | | | |
| Primary/Elementary Lunch | Total | 1051 | | | | | | | | | | | | | | |
| SPAGHETTI W/MEAT SAUCE | 5.6 OZ+1/2 C | 700 | 168 | 55 | 292 | 2.02 | 2.02 | 44.4 | 652 | 19.15 | 7 | 15.12 | 9.07 | 7.06 | 2.82 | *N/A* |
| SPAGHETTI NOODLES | 1/2 CUP | 700 | 99 | 0 | 12 | *3.04 | *0.93 | *3.6 | *5 | *0.0 | *1 | 3.54 | 20.93 | 1.22 | 0.10 | 0.00 |
| SANDWICH, HAM & CHEESE WICH | 1 SAND | 150 | 330 | 80 | 1210 | *4.00 | *2.16 | *270.1 | *300 | *1.2 | *1 | 27.0 | 26.0 | 16.5 | 6.50 | *0.90 |
| CHICKEN, BREADED DRUMSTICK | SERVING | 350 | 220 | 60 | 530 | 1.00 | 1.00 | 14.0 | *N/A* | *N/A* | *N/A* | 19.0 | 6.0 | 13.0 | 3.00 | *N/A* |
| SANDWICH, COURTESY MEAL (K-8) | SANDWIC | 1 | 220 | 25 | 720 | *4.00 | *1.44 | 270.0 | 300 | *0.0 | 1 | 13.0 | 25.0 | 12.0 | 5.00 | 0.90 |
| ROLL, DINNER DOUGH 2.5 OZ. | 1 ROLL | 800 | 201 | *N/A* | 159 | 3.54 | 18.07 | 1500.2 | 59 | 0.71 | 4 | 8.27 | 33.07 | 3.54 | 0.59 | *N/A* |
| SALAD, ROMAINE W/GRAPE TOMATO | 1/2C(G)+1/4C(R) | 200 | 32 | 0 | 4 | 2.14 | 6.34 | 14.2 | 4098 | 34.38 | 4 | 1.43 | 6.45 | 0.0 | 0.00 | 0.00 |
| PEAS FROZEN | 1/2 CUP | 600 | *76 | *0 | *154 | *4.35 | *1.99 | *0.3 | *434 | *6.52 | *4 | *5.43 | *13.03 | *0.0 | *0.00 | *0.00 |
| CELERY STICKS | 3/4 CUP | 500 | 46 | 0 | 0 | 1.14 | 0.41 | 22.9 | 4002 | 4.12 | 2 | 1.14 | 5.72 | 1.72 | 0.00 | 0.00 |
| FRUIT COCKTAIL | 1/2 CUP | 350 | 79 | *N/A* | 10 | 1.99 | *N/A* | *N/A* | 199 | 1.19 | 13 | 0.99 | 18.88 | *N/A* | *N/A* | *N/A* |
| FRUIT FRESH ASSORTED | 1 EACH | 200 | 85 | 0 | 1 | 3.69 | *0.22 | *6.2 | 88 | *6.46 | 17 | 0.46 | 22.31 | 0.0 | 0.00 | *0.00 |
| MILK SKIM UNFLAVORED | 8 OZ | 50 | 80 | 5 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | 8 OZ | 200 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| MILK FAT FREE, CHOCOLATE | 8 OZ | 600 | 110 | 5 | 100 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 18 | 8.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| MILK, STRAWBERRY FF | 8 OZ | 200 | 110 | 5 | 100 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 18 | 8.0 | 18.0 | 0.0 | 0.00 | *N/A* |
| MUSTARD PKG | 1 EACH | 25 | 5 | 0 | 90 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| MAYONNAISE RC PKG | 1 EACH | 25 | 28 | 0 | 119 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2.27 | 2.83 | 0.00 | 0.00 |
| KETCHUP PKG 9 GM | 4 EACH | 200 | 40 | 0 | 400 | 0.00 | 0.00 | 0.0 | 400 | 0.0 | 8 | 0.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| DRESSING RANCH PKG | 2 EACH | 200 | 103 | 9 | 214 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 1.71 | 10.29 | 1.29 | 0.00 |
| DRESSING, ITALIAN LC 200/12G | 2 EACH | 100 | 10 | *N/A* | 180 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | 2.0 | *N/A* | *N/A* | *N/A* |
| CHEESE, PARMESAN, BULK | 1 PACKAG | 200 | 15 | 5 | 65 | *N/A* | *N/A* | 40.0 | *N/A* | *N/A* | *N/A* | 1.0 | *N/A* | 1.0 | 0.50 | *N/A* |
| Weighted Daily Average | | | *703 | *77 | *1023 | *11.77 | *18.94 | *1539.5 | *4116 | *29.71 | *38 | *41.44 | *92.80 | *18.41 | *4.95 | *0.13 |
| % of Calories | | | | | | | | | | | *21.8% | *23.6% | *52.8% | *23.6% | *6.3% | *0.2% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

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Portion Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 12/10/2020 | | | | | | | | | | | | | | | | |
| Primary/Elementary Lunch | Total | 551 | | | | | | | | | | | | | | |
| CORN DOG, TURKEY | 1 EACH | 250 | 281 | 40 | 662 | 2.01 | 1.81 | 60.2 | 100 | 9.03 | 9 | 9.03 | 31.11 | 13.05 | 3.51 | 0.00 |
| BEEF, SLOPPY JOE, RF,RS | #8 SCOOP | 250 | 280 | 44 | 932 | 3.73 | 3.64 | 124.0 | 448 | 8.02 | 10 | 18.48 | 32.65 | 8.28 | 2.66 | *0.00 |
| SANDWICH, SUNFLOWER BUTTER W/J | SANDWIC | 50 | 530 | 30 | 580 | *8.00 | *2.88 | 250.0 | *105 | *0.0 | *21 | 22.0 | 58.0 | 28.0 | 7.00 | *0.00 |
| SANDWICH,COURTESY MEAL (K-8) | SANDWIC | 1 | 220 | 25 | 720 | *4.00 | *1.44 | 270.0 | 300 | *0.0 | 1 | 13.0 | 25.0 | 12.0 | 5.00 | 0.90 |
| POTATO, SAVORY LOOPS | 1/2 CUP | 350 | 162 | *N/A* | 445 | 1.01 | 0.71 | 0.0 | *N/A* | 0.0 | *N/A* | 2.03 | 21.26 | 7.09 | 1.01 | *N/A* |
| BROCCOLI BITES FRESH | 1/2 CUP | 100 | 11 | 0 | 11 | 2.97 | 0.27 | 14.8 | 185 | 28.93 | 0 | 0.74 | 0.74 | 0.0 | 0.00 | 0.00 |
| MANDARIN ORANGES, CANNED | 1/2 CUP | 350 | 75 | 0 | 11 | 1.07 | 0.77 | 21.5 | 322 | 22.54 | 18 | 1.07 | 18.25 | 0.0 | 0.00 | 0.00 |
| FRUIT FRESH ASSORTED | 1 EACH | 200 | 85 | 0 | 1 | 3.69 | *0.22 | *6.2 | 88 | *6.46 | 17 | 0.46 | 22.31 | 0.0 | 0.00 | *0.00 |
| MILK SKIM UNFLAVORED | 8 OZ | 10 | 80 | 5 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | 8 OZ | 200 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| MILK FAT FREE, CHOCOLATE | 8 OZ | 300 | 110 | 5 | 100 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 18 | 8.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| MILK, STRAWBERRY FF | 8 OZ | 10 | 110 | 5 | 100 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 18 | 8.0 | 18.0 | 0.0 | 0.00 | *N/A* |
| MUSTARD PKG | 2 EACH | 25 | 11 | 0 | 180 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| MAYONNAISE RC PKG | 2 EACH | 25 | 57 | 0 | 238 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 4.54 | 5.67 | 0.00 | 0.00 |
| KETCHUP PKG 9 GM | 4 EACH | 200 | 40 | 0 | 400 | 0.00 | 0.00 | 0.0 | 400 | 0.0 | 8 | 0.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| DRESSING RANCH PKG | 2 EACH | 200 | 103 | 9 | 214 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 1.71 | 10.29 | 1.29 | 0.00 |
| Weighted Daily Average | | | 641 | *51 | 1415 | *6.54 | *3.80 | *408.4 | *1146 | *31.91 | *46 | 24.32 | 88.00 | 21.64 | 5.10 | *0.00 |
| % of Calories | | | | | | | | | | | *29.0% | 15.2% | 54.9% | 30.4% | 7.2% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

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|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 12/11/2020 | | | | | | | | | | | | | | | | |
| Primary/Elementary Lunch | Total | 551 | | | | | | | | | | | | | | |
| CHICKEN STRIPS | 3 STRIPS | 300 | 94 | 20 | 158 | 0.67 | 0.61 | 6.7 | 0 | 0.0 | 0 | 8.43 | 5.39 | 4.38 | 0.84 | *N/A* |
| BURRITO W/CHILI & CHEESE | 1 BURRIT | 100 | 499 | 51 | 920 | *10.20 | *3.90 | 371.5 | *765 | *7.6 | *5 | 28.69 | 44.61 | 22.91 | 11.83 | *0.28 |
| SANDWICH,TURK,CHZ HOAGI | 1 SAND | 150 | 291 | 40 | 752 | 3.01 | 1.81 | 300.9 | 201 | *N/A* | 6 | 21.07 | 31.1 | 11.04 | 5.02 | *N/A* |
| E IW | WICH | | | | | | | | | | | | | | | |
| SANDWICH,COURTESY MEAL (K-8) | SANDWIC | 1 | 220 | 25 | 720 | *4.00 | *1.44 | 270.0 | 300 | *0.0 | 1 | 13.0 | 25.0 | 12.0 | 5.00 | 0.90 |
| GINGERBREAD PEOPLE | 1 COOKIE | 200 | 158 | 0 | 99 | 0.99 | 1.42 | 39.6 | 396 | 1.19 | 10 | 1.98 | 26.7 | 4.94 | 2.47 | 0.00 |
| CUCUMBER SLICES | 1/2 CUP | 150 | 8 | 0 | 0 | 0.76 | 0.28 | 15.3 | 153 | 4.58 | 1 | 0.76 | 1.53 | 0.0 | 0.00 | 0.00 |
| BEANS, SEASONED PINTO | 1/2 CUP | 150 | 104 | 0 | 184 | 8.98 | 1.45 | 61.1 | 125 | 2.37 | *0 | 5.04 | 18.01 | 0.05 | 0.00 | *0.00 |
| PEACHES DICED, CANNED | 1/2 CUP | 350 | 70 | 0 | 10 | 0.00 | 0.00 | 0.0 | 298 | 1.19 | 13 | 0.0 | 16.89 | 0.0 | 0.00 | 0.00 |
| FRUIT FRESH ASSORTED | 1 EACH | 200 | 85 | 0 | 1 | 3.69 | *0.22 | *6.2 | 88 | *6.46 | 17 | 0.46 | 22.31 | 0.0 | 0.00 | *0.00 |
| MILK SKIM UNFLAVORED | 8 OZ | 10 | 80 | 5 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | 8 OZ | 200 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| MILK FAT FREE, CHOCOLATE | 8 OZ | 300 | 110 | 5 | 100 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 18 | 8.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| MILK, STRAWBERRY FF | 8 OZ | 10 | 110 | 5 | 100 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 18 | 8.0 | 18.0 | 0.0 | 0.00 | *N/A* |
| MUSTARD PKG | 2 EACH | 200 | 11 | 0 | 180 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| MAYONNAISE RC PKG | 2 EACH | 100 | 57 | 0 | 238 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 4.54 | 5.67 | 0.00 | 0.00 |
| KETCHUP PKG 9 GM | 4 EACH | 200 | 40 | 0 | 400 | 0.00 | 0.00 | 0.0 | 400 | 0.0 | 8 | 0.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| DRESSING RANCH PKG | 2 EACH | 200 | 103 | 9 | 214 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 1.71 | 10.29 | 1.29 | 0.00 |
| Weighted Daily Average | | | 550 | 41 | 987 | *7.40 | *2.60 | *474.0 | *1251 | *9.07 | *39 | 25.57 | 74.43 | 17.05 | 5.89 | *0.05 |
| % of Calories | | | | | | | | | | | *28.5% | 18.6% | 54.1% | 27.9% | 9.6% | *0.1% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |
| Weighted Average | | | *629 | *53 | *1156 | *118.34 | *6.81 | *691.4 | *1754 | *19.55 | *41 | *31.91 | *84.89 | *18.85 | *5.47 | *0.04 |
| | | | | | | | | | | | *58.7% | *20.3% | *54.0% | *27.0% | *7.8% | *0.1% |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Flour Bluff ISD

Dec 7, 2020 thru Dec 11, 2020

Base Menu Spreadsheet

Primary/Elementary Lunch

Portion Values - Detailed

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Generated on: 11/30/2020 1:10:35 PM

| Nutrient | Menu AVG | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) | |
|----------------------------|----------|--------------|---------------|-------------|-------------|-----------|-----------|-------------------------|------------|---------------------------------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|--|
| | | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) | | | | | | | | | | |
| Calories | 629 | | 550 - 650 | 100% | Missing | | | | | | | | | | | | | |
| Cholesterol (mg) | 53 | | | | Missing | | | | | | | | | | | | | |
| Sodium 1 (mg) | 1156 | | 1230 | | Missing | | | | | | | | | | | | | |
| Sodium 2 (mg) | 1156 | | 935 | | Missing | | | | 221 | Correction Required - Sodium too High | | | | | | | | |
| Fiber (g) | 118.34 | | | | Missing | | | | | | | | | | | | | |
| Iron (mg) | 6.81 | | | | Missing | | | | | | | | | | | | | |
| Calcium (mg) | 691.4 | | | | Missing | | | | | | | | | | | | | |
| Vitamin A (IU) | 1754 | | | | Missing | | | | | | | | | | | | | |
| Sugars (g) | 41 | 26.10% | | | Missing | | | | | | | | | | | | | |
| Vitamin C (mg) | 19.55 | | | | Missing | | | | | | | | | | | | | |
| Protein (g) | 31.91 | 20.29% | | | Missing | | | | | | | | | | | | | |
| Carbohydrate (g) | 84.89 | 53.96% | | | Missing | | | | | | | | | | | | | |
| Total Fat (g) | 18.85 | 26.96% | | | Missing | | | | | | | | | | | | | |
| Saturated Fat (g) | 5.47 | 7.82% | <10.00% | | Missing | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.04 | 0.05% | | | Missing | | | | | | | | | | | | | |

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